



National Women's Health Week—OFW Health Fair: May 13th



Chris Owens
Director

Give A Day 2013

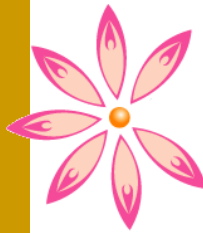
was a huge success and set a [new World's Record!](#)

More than 107,000 volunteers and acts of compassion showed our community's heart.

As Derby and Mother's Day approach, you can switch gears and show your pride by entering the [Mayor's Photo Contest](#).

You showed your heart, now show your pride!

Photographers of any age can enter, but the **deadline is May 10th.**



CELEBRATE



national
women's
health week

National Women's Health Week will begin on Mother's Day (May 12th)!

OFW will be holding its **5th Annual Women's Health Fair, May 13th.** Each week we'll share more special details.

This year the fair has expanded to two venues on Barret Ave.—the 810 and 850 Buildings.

There is one other change for this year.

Norton Healthcare Mobile Unit will take appointments at the Health Fair, but will NOT do mammography screenings on the 13th.

*The Mobile Unit **WILL RETURN** on **May 16th** to do mammograms.*

We are sorry for any confusion but the May 16th date will meet the "one year" insurance requirement for those who had screenings last year. (flyer on page 2)

Health Fair Highlights !!

Your One-Stop Shop for Local Food in Kentuckiana, Year Round

(Offering taste testing - 850 Barret Ave, May 13th)

Grasshoppers offers locally grown produce (seasonal veggies and fruits); meats raised on pasture without prophylactic antibiotics or added hormones or steroids (beef, chicken, pork, bison, turkeys); goat and cow cheeses; dairy products from butter to milk to cream (in glass bottles, non-homogenized, and low-heat pasteurized); and MUCH more from over 70 local family farms and artisans in Kentucky and Southern Indiana. Our service ensures that you can choose from a variety of foods as part of a weekly or bi-weekly grocery basket designed by you! We offer a la carte shopping as well, which allows you to further customize your order each week. www.localfoodnow.com

Kentuckiana Precision Acupuncture

Dr. Heping Wang, (offering Chinese Massage - 810 Barret Ave, May 13th)

Chinese medicine is unique in its ability to create individually tailored plans to improve the immune system, reduce stress and anxiety, improve general health and vitality, and address issues of pain and injury. It is not a substitute for western care, but instead is a great enhancement and complement to western care.

We are proud to offer a comprehensive program of holistic and integrative therapies that include Acupuncture, Cupping, Qigong Tuina treatment, custom blended herbal tea and an assortment of traditional Chinese remedies to reduce and manage pain, relieve stress, improve energy, and enhance immunity.

<http://kyprecisionacupuncture.com>

The **Louisville Metro Office for Women** (OFW) uses policy and advocacy to improve the status of women in the Louisville Metro area. OFW is a Policy, Advocacy & Community Outreach office within the Louisville Metro Department of Community Services and Revitalization. OFW Committee involvement examines women's needs, system responses and assists in development of recommendations. The Office serves as an information and resource hub, maximizing resources through community education & partnerships, communication, collaboration, interns/volunteers and technology.



CELEBRATE



**national
women's
health week**

5th Annual Women's Health Fair

MAY 13, 2013

EXHIBITORS:

810 BARRET Ave: 10am-3pm

850 BARRET Ave: 11 am—2pm

*Grasshoppers will offer
Taste Testing!!*

**Norton Centers for Prevention & Wellness
will take Mammogram appointments @ 810 Barret
10 am-3 pm for May 16th Mobile Unit Visit**

Mammograms

**Women 40+ years old . . . If it has
been 1 year since your last exam**

**Call 502-899-6842 for appointment
or sign up on May 13th**

**Blood Pressure,
Blood Glucose &
BMI Screenings**

**Ages 18
and Over**



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